



## Springdale Senior Activity & Wellness Center • September 2021 • Newsletter

### Address:

203 Park Street  
Springdale, AR 72764

**Phone:** (479) 751-1521

### Director:

Lori Proud

### Program Assistant:

Rhonda Martin

### Hours of Operations:

Monday-Thursday

8:00am-4:00pm

Friday

8:00am-2:00pm

Lunch served Mon-Fri

11:30-12:30

Dinner Served Thursdays

5:00pm-5:30pm

**Join us for...FOOD,  
FELLOWSHIP  
and FUN!!!**

### Lines from Lori:

**Happy Fall...Yall!!! Let's hope cooler weather is on the way!**

**Special thanks to Bill Drake and Rovin' Gamblers for sharing their talents with us. It was a wonderful night with friends and fellowship.**

**If you have signed up to work the Poker Run Saturday Sept.18, please be here at 10:30am. Remember to wear comfortable shoes, because there will be a lot of walking and standing! We also need a crew to help decorate and set up Friday Sept. 17 at 1:00pm.**

**Jump in and join the FUN!!!**

### 2021 Lunch Prices...

**60 and over \$4.00 at Center**

**Under 60 \$6.00**

**Meals on Wheels \$4.00**

## Silver Sneaker Exercise Classes

**Exercise is in full swing. Now  
is the perfect time to join!  
Pick your class and show up!!!**

**Monday– 1:00pm Silver Sneaker - 2:00pm Circuit**

**Tuesday– 8:45am Boom Move - 9:45am Yoga  
10:45am Silver Sneaker - 11:30 Tai Chi**

**Wednesday- 1:00pm Silver Sneaker- 2:00pm Circuit**

**Thursday- 8:45am Circuit - 9:45am yoga -  
10:45am Silver Sneaker**

### Exercise Class Descriptions...

**Weight Machines:** Enjoy fun conversation and resistance machines.

**Silver Sneakers:** Basic low intensity workout with fun music, hand weights and resistance bands. This class is performed seated and/or standing and is for anyone and everyone.

**Circuit:** Moderate intensity cardio with intermittent weight bearing exercise. This class is performed in a standing position.

**Boom Move:** Dance based, upbeat tempo exercise for active adults. Lively music and upbeat footwork.

**Yoga:** Slow-paced stretching and flexibility focusing on balance , agility and core strength.

**Tai Chi for Arthritis:** Helps to improve arthritis while focusing on a broad range of physical impairments. Increases mobility, flexibility & reduces pain & stiffness.

Don't let the name fool you.

## Springdale Senior Center

**Wednesday's**

**Crochet for everyone...**

**Bring a project you are  
working on or come  
learn and we will have  
supplies for you.**

**1:00pm**

**Jam Jammin'**

**5:00pm Games**

**and**

**6:00pm Pizza Night &**

**Jam**

**Thursday Sept. 2**

## Springdale Senior Center

Painting with  
Marie each  
Friday at 10:00am  
Must sign up at  
office.



If you have Silver Sneakers on your insurance please see Lori or Linda. It is a way you can really help your center!

If you are going on the Biloxi trip please come by office to sign a release. This must be signed by September 10.



**IMPORTANT**

The threat of COVID is still here! If you have been in contact with someone who has COVID or tested positive for COVID. Even if you have been vaccinated PLEASE, PLEASE check with your doctor to see what precautions you need to take.

## TOPS

(Taking Off Pounds Sensibly)

invites you to join them  
every Friday 9:00am  
in the JPA Annex.

Come join a FUN group  
who is all about encouraging  
each other!

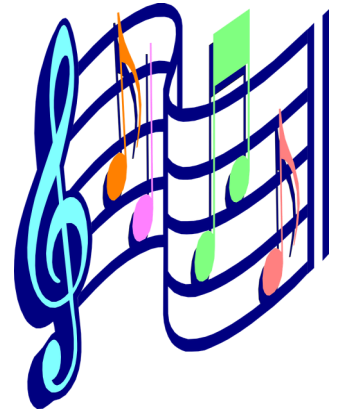
Gospel

Sing  
along...

Each

Wednesday

10:00am



# Springdale Senior Center

**Saturday**

**Sept. 18**

**13th Annual  
Poker Run**



If you have signed up to  
volunteer please be at  
Senior Center at 10:30am.  
Please pick up your t-shirt  
On September 16.

**Breakfast Bunch**

Join us for  
Breakfast



**Wednesday Sept. 15**

**8:00am**

**Taters in Lowell**

**Must sign up  
in office!**

**RISE & Shine**

**Breakfast & Bingo...**

**September 10**

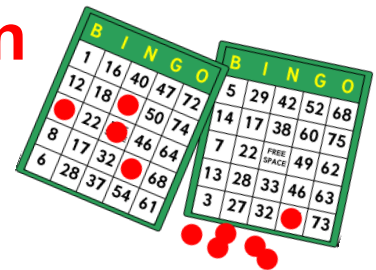
**8:00am Doors open**

**8:30am Breakfast**

**9:30am Bingo**

**\$10.00 Per person**

**Must pre purchase  
ticket from office!**





## Senior Center Taxi

**Our Senior Center Vans run from**

**Monday-Thursday 8:00 a.m. until 3:30 p.m. Friday-8:00am-1:00pm**

**Don't worry about the price of gasoline or where to park. Let us pick you up, take you where you want to go, and home again.**

If you are 60 years of age, or older, affordable transportation is available to you. Transportation on the Sr. Center van is available by calling **751-1521**.

We provide transportation to anywhere you want to go in Springdale and limited Fayetteville areas, assist you with your packages and escort you to your door. **The charge is a donation.** The suggested donation is \$4.00 per trip. Leave the driving to us!

# September Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 10:00 a.m. Gospel Sing 12:30 CARD GAME	<b>3</b> 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	<b>6</b> 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
<b>6</b> <b>CENTER CLOSED</b>	<b>7</b> 9:30 Bunko 12:15 Baseball	<b>8</b> 10:00 a.m. Gospel Sing 12:30 CARD GAME	<b>9</b> 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	<b>10</b> 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
<b>13</b> 10:30 a.m. Bingo 12:30 CARD GAME	<b>14</b> 9:30 Bunko 12:15 p.m. Baseball 6:00 p.m. Old Fiddlers (JPA)	<b>15</b> 10:00 a.m. Gospel Sing 12:30 CARD GAME	<b>16</b> 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	<b>17</b> 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
<b>20</b> 10:30 a.m. Bingo 12:30 CARD GAME	<b>21</b> 9:30 Bunko 12:15 p.m. Baseball	<b>22</b> 10:00 a.m. Gospel Sing 12:30 CARD GAME	<b>23</b> 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	<b>24</b> 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
<b>27</b> 10:30 a.m. Bingo 12:30 CARD GAME	<b>28</b> 9:30 Bunko 12:15p.m. Baseball	<b>30</b> 10:00 a.m. Gospel Sing 12:30 CARD GAME	<div>Computers, Billiards, Cards, Dominoes, Ping Pong, Art Room, Library &amp; Exercise Equipment are open for your use at anytime.</div>	





# September Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>Crispitos</b> <b>Mexican Corn</b> <b>Refried Beans</b> <b>Dessert</b>	<b>2</b> Chicken Fried Chicken Smashed Taters Green Beans Bread & Dessert	<b>3</b> BLT Tater Salad Chips Dessert
<b>6</b> <b>CLOSED</b>	<b>7</b> Chicken Fajitas Rice Refried Beans Dessert	<b>8</b> Baked Tater Chili Broccoli Dessert	<b>9</b> Spaghetti Italian Veggies Fruit	<b>10</b>  BREAKFAST  &  BINGO  -----  NO LUNCH
<b>13</b> Frito Pie Onion Rings Fruit	<b>14</b> Smoked Sausage Mac & Cheese Mixed Veggies Bread, Dessert	<b>15</b> Chicken Fried Steak Smashed Taters Green Beans Bread, Dessert	<b>16</b> Chicken Sandwich Waffle Fries Corn Dessert	<b>17</b> Lasagna Italian Veggies Salad Bread, Dessert
<b>20</b> Cheeseburger French Fries Corn Dessert	<b>21</b> Chicken Drumstick Scalloped Taters Fried Okra Bread & Dessert	<b>22</b> Sliders Smile Fries Carrots Dessert	<b>23</b> Ham & Beans Batter Bites Stewed Tomatoes Bread, Dessert	<b>24</b> PIZZA Salad Dessert
<b>27</b> Chicken Tenders Smashed Taters California Veggies Bread, Dessert	<b>28</b> Stuffed Peppers Mac & Cheese Peas Bread, Dessert	<b>29</b> Turkey Pot Pie Spiced Peaches Dessert	<b>30</b> BBQ Pork Sandwich Tater Wedges Baked Beans Dessert	

**No Single Mingles  
until  
Further notice.**



**Bean Bag  
Baseball  
Tuesday &**

**Friday  
12:30pm**



**Crown 5 card game**

**Monday &  
Wednesday**

**12:30pm**

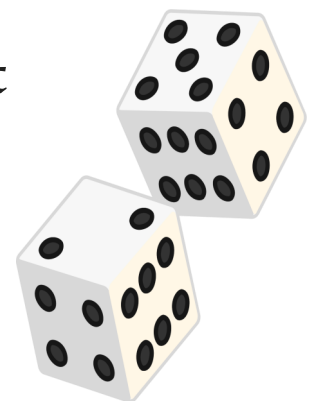
**Don't know  
how to play?**

**Come learn!**



**Bunko**

**Tuesday &  
Friday  
9:20am**



**We print ONE  
newsletter  
per person.  
Please help control  
our cost by just  
taking ONE!!!**

Thrift Storing and lunch

Friday September 24

Leave at 8:30am

Must sign up at office!



# Springdale Senior Center

Chuckle Corner

## Springdale Senior Center Council

Gene George

Linda Williams

Bill Drake

WC Grimes

Diana Osborn

Lonnie McClure

DeeAnn McClure

Patty Lewis

Linden Lewis

Ron Mueller

Ginger Mueller

Evelyn Provost

Winnie Paul

Cherie Ressler

Louise Lorenz

## Fall entrepreneur...



## ATTENTION CLUBS!!!

The Springdale Senior Activity Center is actively seeking Bridge, Bunco, Mahjong players, support groups, or other clubs to meet in our beautiful facility. We are located at  
203 Park St. Springdale, AR 72764

## Springdale Senior Activity Center

Average Congregate Meal Cost: \$5.51

Average Meals on Wheels Cost: \$6.15

Transportation One Way Trip Cost: \$11.85

All client information is kept

**CONFIDENTIAL.**

## WHAT WE DO...

Springdale Senior Center is a place that serves a nutritious lunch to more than 300 seniors daily. Meals on Wheels operates out of our Senior Center and we provide transportation to Seniors. The center is a place for active seniors wanting to meet other seniors, volunteer opportunities, go on trips, socialize, use the computer, listen to music, play games, dance, & dinner outings. The opportunities are endless. So, what are you waiting for?

Springdale Senior Center  
is pleased to receive  
program funding from:

Schmieding  
Foundation



**LIFE TIP:**  
Roll the  
windows down  
and enjoy  
the ride

